



# Knee Pain

Knee pain is a common complaint that affects people of all ages.

Knee pain may be the result of an injury, such as a ruptured ligament or torn cartilage, as well as repetitive strain on the knee.



Podiatry & Foot Healthcare

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# What can cause Knee Pain?

Knee pain can be caused by injuries, mechanical problems, types of arthritis and other problems.

Repetitive strain on the knee joint from twisting or high impact activity can often cause knee pain.

Fallen arches and over-pronation of the foot can lead to twisting stresses on the knees, as can a limb length discrepancy, where one leg is longer than the other, causing knee pain and inflammation.

## Treatment and Prevention of Knee Pain

Treatment will vary, depending upon the cause of your knee pain.

This can range from:

- Orthotic insoles or arch supports for your footwear to restore the alignment of the foot, ankle & knee
- Therapy - such as strengthening exercises
- Support strapping
- Anti-inflammatory medication
- Steroid injections
- Surgery



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The general information provided here does not constitute medical advice. You should consult with a suitably qualified foot health care clinician. Please contact your nearest *We Fix Feet* clinic to book your consultation.